

# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

OCTOBER 12, 2007

## Bomb Squad defeated by Hooligans



Tam Wai, Hooligans' third baseman, swings at a dropping ball, line driving it through the infields' defense and to the outfield at an Intramural Softball League game at Risely Field here Tuesday.

**Story and Photos by  
Pfc. Ronald W. Stauffer**  
*Combat Correspondent*

The 3rd Radio Battalion Hooligans defeated the Marine Aircraft Group 24 Bomb Squad, 14-10, with a miraculous home run by Jacob Gordon, Hooligans' first baseman, at an Intramural Softball League game at Risely Field here Tuesday.

Sweeping the infield with an aggressive defense, the Hooligans overcame the Bomb Squad's batters one inning at a time, putting pressure on the Bomb Squad's fielding ability.

"We beat them last time and hopefully we'll do it again," said Daniela Horvath, wife of a Hooligan player, before the game.

At the start of the first inning, the Hooligans and Bomb Squad found it difficult to score with pop flies and short ground balls.

What looked to be a fast-paced game at the beginning of the first inning turned out to be a battle of gloves.

As the teams started getting a feel for each other, they looked for lanes to hit balls through base hits.

Both teams managed to keep the score close, lobbing short pop flies over the infield or line drives through the bases, staying away from any immediate plays.

"If we keep our strong

*See SOFTBALL, C-7*



"Diesel" the dog, owned by Steve Foster, entertains the crowd at the VP-9 "King of the Hill" 5-K run at Dewey Square here Oct. 6.

## MCCS hosts first VP-9 5k run

**Story and Photos by  
Pfc. Ronald W. Stauffer**  
*Combat Correspondent*

Runners battled for position as they sprinted up 4th Street at the Patrol Squadron 9's "King of the Hill," 5k run at Dewey Square here Oct. 6.

Runners from all age groups lined up at dawn to participate in the first-time event, held by Marine Corps Community Services.

The run started at 4th Street and wound to the top of Kansas Tower, marking the halfway point, and then down to the finish line at the starting point.

"The run is open to anybody, and

*See RUN, C-6*



Susan Redpath receives her first place medal for the female 45-49 age group.

## Local children soar with gymnastics

**Story and Photos by  
Lance Cpl. Brian A. Marion**  
*Combat Correspondent*

Starting with stretches that would make most adults cringe, children from the base gymnastics team here kicked off their usual Saturday practice at the Youth Activities Center Oct. 6 in preparation for upcoming competitions.

The dedicated gymnasts work for three hours at a time to improve their techniques and work out kinks in their routines.

After clearing a small running space to warm up their legs, the children did high knees, bounding, calf raises and leaps. At that point, they were ready to get started.

Youngsters used a vaulting buck to launch themselves into flips, landing feet first on mats. Then they performed their full routines,

with the less-experienced gymnasts going last.

There are various levels of gymnasts ranging from level four, the easiest, to level 10, the most advanced.

"There are several different levels for people to be in," said Jennifer Matsco, team coach. "We currently only offer levels four through seven, and each level builds upon its predecessor. Level four is mainly just to get the basics of gymnastics down and it goes on up until level 10. That is where the performers for the Olympics are. Another difference among the levels is that levels four through six compete in compulsory, exact routines where everyone performs the same routine for the judges; whereas levels seven through 10 perform optional

*See GYMNASTICS, C-7*



Jayne Rowles, left, Caelin Lathrop, Tanya Haverly, and Krista Kennedy practice their routines on the balancing beam before performing for their coaches.



# ONGOING SPORTS BRIEFS

## Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer babysit three times per month and is open for children 6 weeks and older.

For more information, contact Dana at 235-8901.

## Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers.

Avoiding the traffic and crowd of Oahu’s South Shore, Bill Collectors charters fish from the uncrowded waters of Windward Oahu.

For more information or to charter the Bill Collector, contact the Base Marina at 257-7667 or 254-7666.

## Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation from dawn to dusk. Hale Koa Beach is available for overnight camping, but requires a reservation.

For more information, contact 254-7666 for Kaneohe or 477-5143 for Camp Smith.

## Okinawa Kenpo Karate

Every Tuesday and Thursday, join Youth Activities’ contractor for Kenpo Karate Kobudo classes from 6 to 7:30 p.m., in Building 1391, located behind the old 7-Day Store.

Adults and children are welcome. Cost is \$35 for adults, \$25 for children, and \$20 for additional family members.

For more information, contact Youth Activities at 254-7610.

## Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for great deals and have a blast with your friends.

Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open week-ends from 9 a.m. to 5 p.m.

For more information or to schedule an appointment, call 265-4283.

## K-Bay Lanes

K-Bay Lanes offers economical entertainment Mondays through Thursdays. All E-1s to E-5s pay \$1.75 for games and .50 cents to rent shoes.

For more information, contact K-Bay Lanes at 254-7693.

## K-Bay Lanes Color Pin Special

Every Wednesday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

For more information, contact K-Bay Lanes at 254-7693.

## Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regiment, or just looking for good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.

They will do all this and tailor a program, based on your physical needs and ambitions.

For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency.

Pick up a personal training appointment card at the Semper Fit Center now.

For more information, contact the Semper Fit Center at 254-7597.

## Semper Fit Center Offers Array of Group Exercise Programs

Semper Fit Center announces a new and expanded aerobics program. These new classes include a variety of workouts.

The class schedule for Fridays is as follows:

**8:45 to 10 a.m.**  
Step Challenge

**11:45 a.m. to 12:15 p.m.**  
Gut Cut

**4:45 to 5:45 p.m.**  
Cycling

**5:45 to 6:45 p.m.**  
Pilates

**7 to 9 p.m.**  
Aikido



Students of the Tennis Pro Shop's advanced tennis lessons try to balance a ball on their racket while doing wall sits against the fences of the base tennis courts. The lessons are complete with other conditioning exercises and a mile-and-a-half run.

# Tennis Pro Shop offers lessons

Story and Photos by  
**Lance Cpl. Regina A. Ruisi**

*Combat Correspondent*

Ball and racket in hand, he steps up to the white line. One bounce remember the fundamentals, another bounce don’t move your feet. He hunches over and throws the ball above his head. Gracefully, he pulls back the racket and follows through on a serve. It falls short and hits the net.

“You owe me five push-ups!” yells his coach.

This is a normal weekday afternoon at the base tennis court here. The Tennis Pro Shop offers lessons for every skill level from beginners to advanced, but don’t expect an easy afternoon on the courts.

“Our athletes vary in ages and skill levels, beginning at age five,” said Connie Zepeda, Tennis Pro Shop head coach. “They all have the desire to be the best. Every practice they do a mile-and-a-half run, 500 jumps on a jump rope, push-ups, sit-ups, hours of serving and practicing swings, and conditioning exercises. They never voice any complaints.”

The children on the beginner and advanced teams train to compete against teams from other island bases, as well as other organizations here, like Youth Services, Zepeda said.

It’s not just children who can benefit from the lessons offered on base. The shop hosts a women’s league, where coach Carolyn Thibault trains women in not only the physical aspects of tennis, but the mental strategies that go into a well played tennis game.

“The women’s league is a combination of building skills and formulating strategies,” Thibault said. “It’s mentally stimulating. I train them to be always thinking about the angles and options and choices they have during a game. With the kids, we’re really picky on training them. They



Brendan Tourek, 16, practices at an advanced tennis lesson Oct. 3 at the base tennis courts. Brendan has been playing for four years.

have to do it a certain way. We’re concerned with training them to be tennis players. With the women, I work with what they have because I want them to be the best they can be, but I’m not concerned with making them into professionals.”

The shop offers group and private lessons. Beginner classes vary from four to six students per group. When Zepeda sees an improvement in the player, she bumps them up to the advanced class. The advanced class practices three times a week, making for a grueling schedule for the young athletes.

“They can be decent tennis players and not advance,” Zepeda said. “They have to show the desire to go to the next level. The kids in this class are serious. They train, they work hard and they really want to excel in tennis.”

The desire to shine in the sport is evident on the faces of the young athletes throughout their entire practices, even while doing push-ups and laps around the court.

“I really like the lessons here,” said Sydney Hall, 11, who’s played tennis for

eight years. “We have really good fitness here compared to other places I’ve played at.”

The aspiration for success is reflected through the dedication of the coaches. The four Tennis Pro Shop coaches work every day to improve tennis players for the gratification of seeing them succeed.

“The kids are the main reason I come out here every day,” said Pao Roberts, who has coached for two years. “I’m just here to try to help develop a player. I want to give them what I received while I was training.”

The coaches work as a team during practices, separating the athletes up into smaller groups by skill level in to provide more attention to each player.

“What’s great about our program is that we have a lot of coaches,” Zepeda said. “I’m the head coach, but they’re my arms and legs. All together we make a whole, one complete team, and we through that we can teach the students well.”

For more information, call 258-8081 or visit <https://www.marinecorpstennis.wordpress.com>.

# Gut cut class helps trim, tone abs

Story and Photo by  
**Lance Cpl. Brian A. Marion**

*Combat Correspondent*

Marines and their families here can continue to work on their mid sections thanks to Gut Cut, a free class every Monday, Wednesday and Friday from 11:45 a.m. to 12:15 p.m. at the Semper Fit Center.

The class is a 30-minute non-stop workout designed to help strengthen the abdominals and build up endurance, said Karen Barbalace, personal trainer and group fitness instructor here.

“It is a great workout,” said Navy Lt. Adam Booth, Marine Corps Base Hawaii. “I recently arrived here, and this helps me to stay in shape.”

Although the class focuses on the abs, Barbalace said she tries to keep the sessions interesting.

“I try to make each class different with no set routine,” Barbalace said. “I use whatever comes to mind and it keeps the workout from becoming dull.”

The class begins with everyone grabbing a workout mat and stretching while Barbalace selects the



Participants in the Gut Cut class slowly lower themselves to their mats during their workout. Gut Cut is a 30-minute, non-stop workout focused mainly on the mid-section to help strengthen and tone it. The class is held every Monday, Wednesday and Friday from 11:45 a.m. to 12:15 p.m. at the Semper Fit Center.

day’s workout music.

The exercise starts with a series of crunches followed by double crunches, spider crunches, leg lifts, sit ups, pyramids and other additional exercises focusing on conditioning the mid-section.

Even though the class focuses on the midsection, it’s mostly about abdominal strength and how long a person can go without stopping, Barbalace said.

“Occasionally we have people who stop anywhere from five to 25 minutes into the

workout,” Barbalace said. “Then we have other people who go the entire 30 minutes without stopping.”

At the end of the class, with sweat-filled clothes, weary participants replaced their mats and headed out to change and go about their daily routine.

“I wasn’t expecting the workout to be as tough as it was, but it was worth it,” Booth said. “I would recommend it to anyone who wants to strengthen and tone their abs.”

The class varies from 30 to 75 people and is based on unit deployments.

“When units start to deploy, or when they return, the numbers in the class are usually smaller,” Barbalace said. “Then again, on some days, there are only a few people who show up, and on others, we have people lined up outside the room to waiting to get in.”

For more information about Gut Cut or other classes at the Semper Fit Center, call 254-7597.



# SPOTLIGHT ON SPORTS

## —SPORTS BRIEFS—

### 4th Annual Splash & Dash

The public is invited to compete in Helicopter Anti-Submarine Squadron Light 37's 4th annual Splash & Dash Biathlon Oct. 20 at 7 a.m. The event starts at Hangar 103, and includes a 5k run and 500-meter swim. The cost is \$18 for individuals and \$36 for two-person teams.

Today is the last day to register, so visit <http://www.mccshawaii.com/cgfit.htm>.

### SM&SP Diamond Head Hike

The Single Marine & Sailor Program invites single E-5s and below to hike the Diamond Head crater Oct. 20. Meet at Kahunas Recreation Center at 9 a.m. for this free event, including transportation.

For more information, call Dan Dufrene at 254-7636.



## 2007 Intramural Softball Fall Standings

TEAM	WINS	LOSSES
CSSG-3	14	1
HQBN "ASP"	15	2
MALS-24	14	4
2-2	14	6
VP-47	8	8
CSSG-3 "MAINT"	8	9
3RD RADIO BN	7	11
VR-51	5	10
MAG-24 "ORD"	7	15
HSL-37	6	13

Standings as of Oct. 9



## 2007 Intramural Tackle Football Standings

TEAM	WINS	LOSSES
CAMP SMITH	4	0
MAG-24	4	1
CSSG-3	1	3
HQBN	0	5

Standings as of Oct. 3

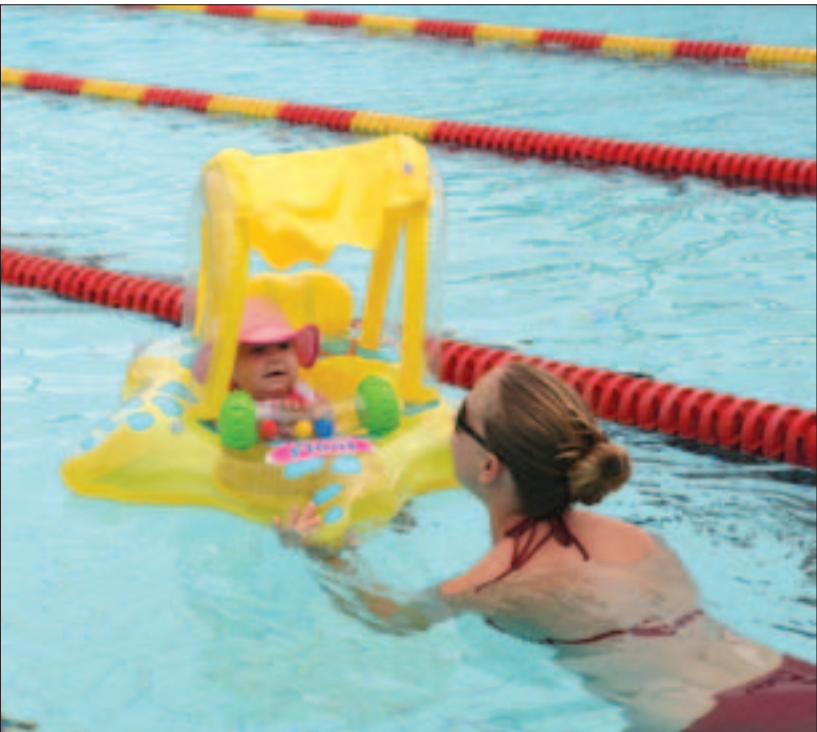
## Commander's Cup Bowling League 2008



No bowling games were played this week due to the holiday. Games will resume Monday.

File photo

## Mommy/daughter time



Pfc. Achilles Tsantaliotis

Sara Newell and her 9-month-old girl, Sierra, spend some quality time at the base pool, Thursday. Floating effortlessly, Sierra smiles at her mother as she gently guides her along the shallow end with little company.

## DANCE MOVEMENT ACADEMY AND K-BAY GYMNASTICS

Dance and Gymnastics classes are available for youth between the ages of 1 and 18.

Classes are held Monday through Saturday and encompass areas of interest such as Team Gymnastics, Cheerleading, Tumbling and Trampoline, Jazz and Tap Dancing, Hula and others.

Interested participants are offered one free trial class. Fees will vary according to class frequency and length. Call 479-3273 to arrange your free class.



American Heart Association  
Fighting Heart Disease and Stroke

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# HEALTH AND WELLNESS

## Improving air quality helps children sleep

**Press Release**

American Lung Association

Bedtime is anything but pleasant for people with allergies and asthma, since that’s very often the time when symptoms worsen. The air we breathe can contain many particles that can trigger symptoms, including dust mites, pollen, mold spores, pet dander and smoke.

Children are especially vulnerable to indoor contaminants since their respiratory systems are still developing. The good news is there are things you can do to help reduce air pollution in the home.

Here’s some advice from the American Lung Association to help improve the sleep environment in your child’s bedroom.

**Keep Dust Mites Out**

Dust mites are microscopic animals found in dust and are one of the major triggers for children with allergies and asthma.

- ◆Keep humidity below 50 percent. In the summer, that can mean running the air conditioner or a dehumidifier. Dust mites thrive when in more humid conditions.

- ◆Wash bedding every week in water that is at least 130 degrees Fahrenheit.

- ◆Consider using allergen barrier bedding that prevents dust mite penetration. Put mattresses in airtight covers and tape over the length of the zipper.

- ◆Remove carpeting. Use area rugs that you can remove and clean.

- ◆Damp mop floors often, avoiding cleaning when your child is around. If you must retain the carpet, use a vacuum cleaner with a high efficiency filter or a central vacuum cleaner. When dusting, use a damp mop or

damp cloth to reduce the amount of dust stirred up when cleaning.

- ◆Use window shades or curtains made of washable material for easy and frequent cleaning.

- ◆Only buy washable toys (including stuffed animals) and wash them frequently in hot water.

**What About Pets**

Unfortunately, if your child has allergies to pet dander, almost all pets with feathers or fur can trigger allergic reactions. So, when thinking about buying your child a pet, consider fish or a reptile. If you already have a furry friend, follow the following steps:

- ◆Keep the pet out of the house. If that’s not possible, keep it out of your child’s bedroom.

- ◆Wash pet bedding every week.

- ◆Shampoo pets weekly.

**Control the Temperature and Ventilate Properly**

- ◆Use an air conditioner and keep it maintained properly. Air conditioners allow you to keep doors and windows closed in order to help keep pollen and mold spores outside. Make sure to maintain a steady temperature.

- ◆If you use an air-cleaning machine, make sure it does not produce ozone. Ozone is a powerful air pollutant that can irritate the lungs and is especially dangerous for children.

**Don’t Allow Smoking Around Your Child**

Children who live with smokers inhale many pollutants in secondhand tobacco smoke. In addition to not allowing smoking in your home or car, keep in mind that even smoking outside can be a problem. Smoke that collects on hair and clothing can also be a trigger.



File photo

## FDA says breastfeeding mothers shouldn’t use codeine

**Press Release**

U.S. Food and Drug Administration

The U.S. Food and Drug Administration has important new information about a very rare but serious side effect in nursing infants whose mothers are taking codeine. Differences in drug metabolism among mothers taking codeine may contribute to side effects in nursing infants.

Infants of nursing mothers taking codeine may have an increased risk of morphine overdose if the mother is an ultra-rapid metabolizer of codeine. When codeine enters the body and is metabolized, it changes to morphine, which relieves pain. Many factors affect codeine metabolism, including a person’s genetic make-up. Some people have a variation in a liver enzyme and may change codeine to morphine more rapidly and completely than other people. These people are ultra-rapid metabolizers and are more likely to have higher than normal levels of morphine in their blood after taking codeine. Nursing mothers taking codeine may also have higher morphine levels in their breast milk. These higher levels of morphine in breast milk may lead to life-threatening or fatal side effects in nursing babies. In most cases, it’s unknown if someone is an ultra-rapid codeine metabolizer.

Codeine has been used safely for many years in nursing mothers, and is an ingredient in many prescription pain relievers and some over-the-counter cough syrups. Once the body changes codeine to morphine, the morphine relieves the pain or cough and may be responsible for side effects. Infants exposed to high levels of morphine through breast milk can get a morphine overdose as described below.

Last year, a medical journal

described a healthy 13-day-old breastfed baby who died from a morphine overdose. The mother was taking less than the usual amount of codeine normally prescribed for episiotomy pain (Koren, et al, Lancet, vol 368 p. 704, Aug 2006). Laboratory tests showed high levels of morphine in the baby’s blood, and genetic testing showed the baby’s mother was an ultra-rapid metabolizer of codeine.

The FDA is issuing this public health advisory to inform healthcare professionals and nursing mothers about the following important safety information:

When prescribing codeine for a nursing mother, doctors should prescribe the lowest dose for the shortest amount of time to relieve pain or coughing. Doctors need to tell their nursing patients how to recognize signs of high morphine levels in themselves and their babies.

If you are a nursing mother taking codeine, call your doctor if you become extremely sleepy and have trouble caring for your baby.

Breastfed babies usually nurse every two to three hours and should not sleep more than four hours at a time. If your baby shows signs of increased sleepiness (more than usual), difficulty breastfeeding, breathing difficulties, or limpness, talk to the baby’s doctor immediately. If you cannot reach the doctor right away, take the baby to an emergency room or call 911.

Nursing mothers should talk



File photo

to their doctors if they have any questions about taking codeine.

The estimated number of ultra-rapid metabolizers varies among different population groups from less than one per 100 people up to 28 per 100 people. For people who are ultra-rapid metabolizers, the risk of having an adverse event when taking codeine is not known.

Anyone can be an ultra-rapid metabolizer without knowing it. The only way to find out is with a genetic test.

There is an FDA-cleared test to determine whether a patient is an ultra-rapid metabolizer, but there is limited information about using this test for codeine metabolism. At this time, the test result alone may not correctly predict if a mother’s breast milk will have too much morphine if she uses codeine to treat pain. This test isn’t a substitute for a doctor’s judgment.

Among pain relievers, ultra-rapid metabolism has only been reported as a problem with codeine, although it has

the potential to affect other narcotics. All narcotics can cause the same serious side effects in breastfed babies if the levels of drug in breast milk are too high.

The FDA has asked makers of prescription codeine-containing products to include information about differences in codeine metabolism and concerns with breastfeeding in the drug label. Use of codeine products to manage pain after birth is common, but reports of serious side effects in nursing

infants are very rare. Doctors who prescribe codeine need to be aware of the potential for the increased risks to breastfeeding babies of mothers who are ultra-rapid metabolizers of codeine.

The FDA urges healthcare providers and nursing mothers to report side effects that occur while using codeine to the FDA’s MedWatch Adverse Event Reporting program

For more information, visit [www.fda.gov/medwatch/report.htm](http://www.fda.gov/medwatch/report.htm).



# HEALTH AND WELLNESS

## Regular eye care crucial for children

**Press Release**  
*Prevent Blindness America*

Prevent Blindness America recommends a continuum of eye care for children to include vision screening and comprehensive eye examinations. All children, even those without signs of trouble, should have their eyes checked at regular intervals. Any child experiencing vision problems or showing symptoms of eye trouble should receive a comprehensive eye examination by an optometrist or an ophthalmologist.

Prevent Blindness America and other organizations often perform vision screenings for children at schools, daycare centers, and other settings. While vision screenings and eye examinations are complementary approaches to assessing the eye problems of a child, a screening is used to identify a child at risk for vision problems and does not replace a comprehensive examination performed by an eye doctor.

A comprehensive eye examination includes an evaluation of the refractive state, dilated fundus examination, visual acuity, ocular alignment, binocularity, and color vision testing, where appropriate.

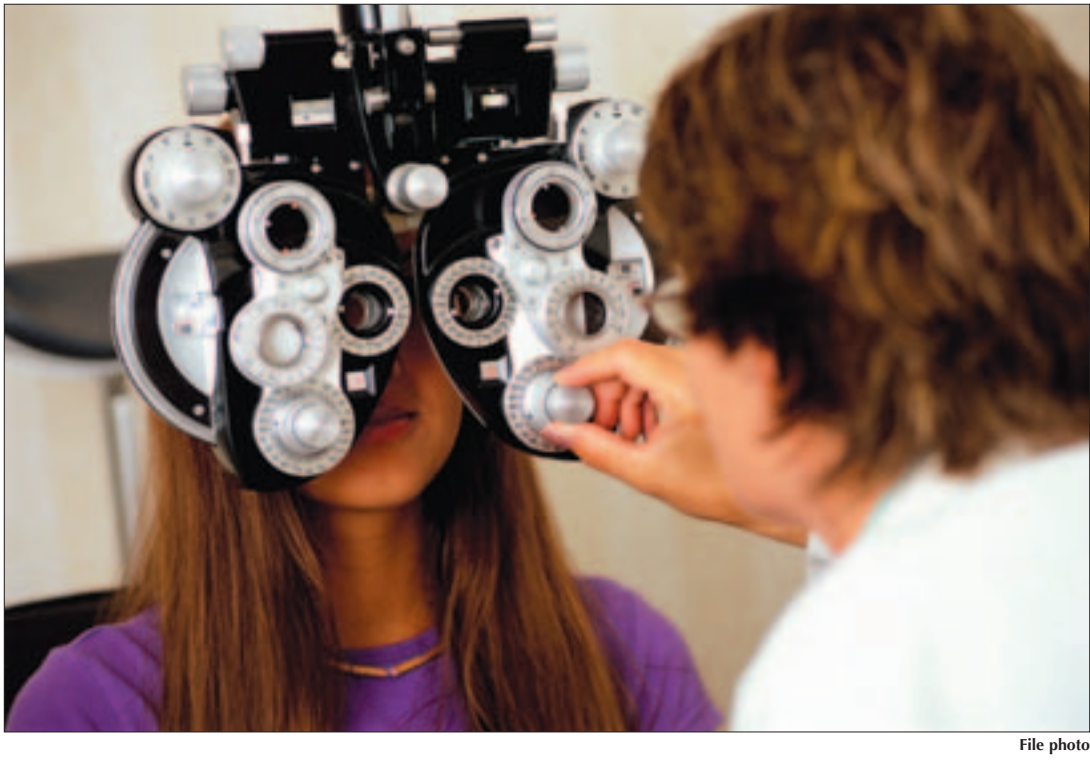
Suggested timetables for children’s eye

health, based on key children’s health organizations are:

Newborn infants should have their eyes checked while still in the hospital nursery. This examination in the nursery should be for general eye health and include a red reflex test. This examination can help detect several congenital eye problems, some of which can be very serious and permanently threaten vision.

During regular well baby exams, from birth to 2 years of age, pediatricians should use history and a vision evaluation to see if vision problems exist. Beginning at well child exams at age 3 and continuing through 10 years of age, vision screenings should be performed assessing visual acuity and ocular alignment.

If a child fails a vision screening or there is any concern of an eye or vision problem the child should be referred for a comprehensive professional eye examination. This combination of primary care physician eye examinations and vision screenings with referral for a comprehensive professional eye examination are the recommendations of the American Academy of Pediatrics, the American Academy of Ophthalmology, and the American Association for Pediatric Ophthalmology and Strabismus. The American Optometric



File photo

Association supports primary care physician evaluations and regularly scheduled vision screenings, but also recommends that a comprehensive professional eye examination be performed by an eye doctor at age 6 months, 3 years and 5 years for all children.

Prevent Blindness America’s voluntary expert panels continually review new scientific information and make appropriate recommendations.

## Dental Hygienists focus on adolescent oral health care

**News Release**  
*American Dental Hygienists Association*

The American Dental Hygienists’ Association recently announced the celebration of National Dental Hygiene Month 2007 will focus on the importance of adolescent oral health care. The second topic of the four-year theme “A Healthy Smile Lasts a Lifetime,” closely examines various oral afflictions relevant to specific age groups. Adolescence is an important time in mouth development, and can have a lasting effect in ensuring a healthy smile does indeed last a lifetime.

Current research suggests the overall cavities rate is declining, yet remains highest during adolescence. Many factors influence the oral health status of adolescents, includ-



ing piercings, smoking, eating disorders, consumption of sugary sodas, use of mouth

guards, proper nutrition and even hormonal changes associated with puberty. While all

of these factors present the potential for serious oral health problems, they can be prevented by education.

“A number of unique factors influence the oral health of adolescents,” said Jean Connor, RDH, ADHA president. “It is important for dental hygienists, as prevention specialists, to educate both adolescents and their parents on these topics before any potential problem arises. Many symptoms of problems arising from eating disorders, piercings, and poor nutrition are difficult to detect, leaving patients

unaware of the damage they are causing to their mouths and bodies. Education is an effective form of prevention, and prevention is more cost and time-effective than restoration.”

The ADHA encourages dental hygienists across the country to get involved in NDHM

this month to increase public awareness of the importance of educating both adolescents and their parents on the unique situations which impact their oral health.

For fact sheets about this topic and other oral health issues, visit <http://www.adha.org/media>.





Competitors cross the finish line with smiles at the VP-9 "King of the Hill" 5-K run at Dewey Square here Oct. 6.

*RUN, from C-1*

it's kind of a way to help celebrate the Navy's birthday," said Meghan Brophy, MCCS varsity sports coordinator.

This year's race was the first of it's kind and one of 10 races held annually, according to Brophy.

The place standings for the race were broken down by gender and into nine different age groups.

Mothers pushed strollers as they jogged the course with the crowd cheering them along the road.

The crowd waited in anticipation of the runners return, cheering as the first runner approached the finish line.

Brian Harington crossed the line first at 18:54, taking the title of "king of the Hill," and was soon followed by 82 other runners as they streamed across the finish line.

With all the runners back and their times recorded, the runners caught their breath and grabbed a drink while judges tallied the scores.

"I've been running all my life, and I'm here to support the event," Harington said. "I was just as nervous as everybody else, but I'm out here to have a good time too."

The next event is the Helicopter Anti-submarine Squadron Light 37, "Splash and Dash," Oct. 20. For more information call (808) 254-7590.

# Face the Facts



Older Americans spend **twice** as much on **health care** as others.



One of every six seniors lives at or near the **poverty line**.



**Volunteers of America** offers **assisted living, day care**, and other services that enable **our elderly** neighbors to maintain **dignity and hope**.

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## Staying hydrated is key



Lance Cpl. Regina A. Ruisi

Wyatt Hulick, 12, drinks some water during a break at an advanced tennis lesson Oct. 3. Wyatt has been playing tennis for seven years, and wants to play for a team when he starts high school.

# KILL • A • WATT

*IT'S EVERYONE'S RESPONSIBILITY  
TURN OFF WHEN NOT IN USE*







Colby Lock, a gymnast at the Youth Activities Center, jumps off the vaulting buck and prepares herself to flip over the pad and land feet-first on a mat on the other side. Lock and the other gymnasts practice four times a week for about three hours each session.

GYMNASTICS, from C-1

routines where each routine is different and tailored to each child.”

The gymnasts ran to a vaulting pad, launching themselves into hand-stands and flinging themselves through the air, landing on a mat where they saluted one of their coaches acting as a judge.

After the vaulting portion, they moved to the uneven bars and performed routines. Up and around the poles they went, flying from one to the other in feats of fluid motion.

Again the level fours went last. Everyone on the team started at that level at some point.

“The children have to participate in most of their competitions and then qualify for the state competition 32 point or above average,” Matsco said. “If they make it to the state competition, they’ll move up to the next level for the next season.”

After all the gymnasts completed the uneven bars, they moved over to the balancing beam, which is only four inches wide.

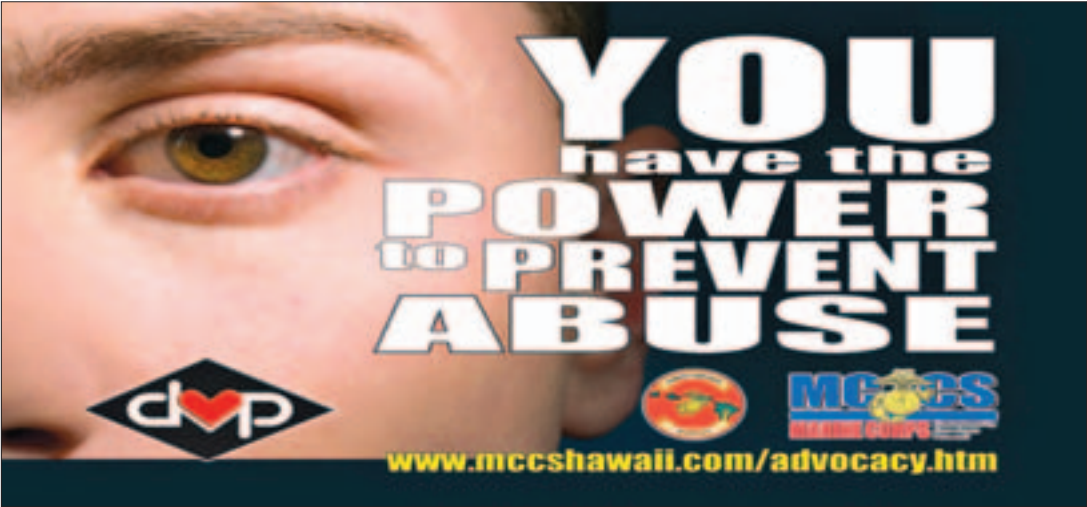
While on the beam, they performed

spins, dips, jumps, flips and vaults suitable for their experience level.

Tanya Haverly, the only level seven gymnast on the team, performed a back flip and landed on the beam with barely a flutter.

Once everyone was done at the beam, the gymnasts walked over to the floor to perform the last routine for their competitions.

With another practice under their belt, these young hopefuls are step closer to their next competition. But first, they’ll complete many more practices just like this one.



SOFTBALL, from C-1

defense and aggressive base running, we’ll succeed in this game,” said E.J. Veliz, Hooligans’ shortstop, before the game.

The Hooligans’ batting led to numerous doubles and singles during the second inning, bringing runners home, but the Bomb Squad fought back with quick and accurate throws.

As the inning progressed, the Bomb Squad answered back, putting points on the board.

“My glove is solid on the mound,” said Julian Serna, Bomb Squads’ pitcher. “They’re not getting past me.”

As the fans in the bleachers cheered on the Hooligans, the team played more aggressively as they went to bat in the third inning.

While the Bomb Squad tried to hold back the runs, Jacob “Cheese Whiz” Gordon,

Hooligans’ first baseman, brought an upset to the Bomb Squad after hitting the first and only homerun of the game.

By the top of the third inning, the score was 9-4, Hooligans’ lead.

As the Bomb Squad battled on, the Hooligans managed to stay in the lead, using their strong fielding abilities to shut down the Bomb Squad’s batters.

Luis Rogers, Hooligans’ catcher, jokingly commented that the Bomb Squads’ fly balls would have looked good on a golf course.

At the end of the game, the Hooligans walked away with a win, 14-10, leaving the Bomb Squad short-fused.

“It’s not about how you lose, it’s about how you look while you’re doing it,” said Jennifer Rhodes, Bomb Squads’ catcher, in good spirits as she helped her team pack up.



Jennifer Rhodes sprints for home seconds before getting in a pickle at an Intramural Softball League game at Risely Field here Tuesday.



# AROUND THE CORPS

## MCCS offers chance to attend Super Bowl XLII

**Press Release**  
*Marine Corps Community Services*

**QUANTICO, Va** — This fall, clubs and restaurants across the Corps are sponsoring the Marine Corps Community Services Football Bash to get Marines into MCCS facilities for a little fun, camaraderie and football.

From Oct. 19 to Dec. 6, any time you patronize an MCCS Club or restaurant, you are eligible to enter into a raffle to win the grand prize – a five day/four night, all-expense-paid trip for two to Phoenix to attend Super Bowl XLII, valued at more than \$7,500.

The grand prize winner also receives \$500 spending money. The second place prize is \$1,000 and merchandise, and third place gets \$500 and merchandise.

Each installation will consolidate entries and hold a drawing for installation first, second, and third place winners Dec.7. These winners receive MCCS gift certificates and merchandise.

The installation first place winner will

be entered in the drawing for the top three prizes, including the grand prize trip to Super Bowl XLII. The grand prize drawing is Dec. 14 at Headquarters Marine Corps, Personnel and Family Readiness Division, aboard Marine Corps Base Quantico.

Authorized patrons can obtain entry forms at Officers’, Staff NCO, Enlisted, or Consolidated Clubs, and MCCS-operated base restaurants. On bases that do not have an enlisted club, entry tickets are available in the recreation center where enlisted personnel gather.

It’s the responsibility of the patron to completely and legibly complete and return entry tickets in time for the drawing.

Illegible or incomplete entries and those submitted by unauthorized patrons are null and void.

No purchase is necessary to enter in the contest and prizes are not redeemable for cash.

If you have questions, contact your local MCCS Club or Restaurant manager.



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